



# MY 2019 SNAPSHOT

Setting your 2020 goals starts with an honest review of your past year. Reflecting on 2019, invest some time digging into your personal and professional achievements, growth, and challenges.

## INSTRUCTIONS:

Looking back on 2019, consider the six sections below. Writing down your responses will help clear your mind, create focus, and it will make your thoughts more sticky for you to access in the future. **Your amazing 2020 begins here...**

### 1. Awareness

Consider how this past year felt. Describe it in three words.

### 2. Accomplishments

Where did you experience the most depth in 2019? What accomplishments are you most proud of?

### 3. Strengths

Which of your strengths were the most valuable to you over the past year?

#### 4. Growth

In 2019, what area did you grow in the most? What new things did you learn about yourself?

#### 5. Lessons

What did you overcome in 2019, and what lessons will you carry from this year into the next?

#### 6. Unfinished

Were any goals this year left incomplete? What slowed you down, distracted you, or held you back?

#### READY FOR MORE?

Create more depth in your life this 2020! Follow me on the Depth Not Width blog at: [depthnotwidth.com](http://depthnotwidth.com)

We'll talk about 2020 goal setting, and you'll find inspired blog posts, tools, and a community of people like you who are focused on living life on purpose. **See you there! - John**